

Housekeeping
as a Profession

The Tribune Institute

Tested Foods

Serve Savory Dishes to Tempt the Summer Appetite

Parisian Chefs and Restaurateurs Put Home Cooking in the Shade Chiefly by Skillful Seasoning

By Virginia Carter Lee

THE fault with most American cooking is that it lacks seasoning. Now, by seasoning is not meant the mere adding of the correct amount of salt, pepper or paprika, but rather the nicety of blending in a bit of spice, a little minced parsley, chives, pimientos, green pepper and onion, or shaking in of such condiments as kitchen bouquet, one of the well flavored commercial sauces or homemade catsup and chili sauce.

French cooks are noted for their well seasoned food and sauces. If the home caterer will experiment with seasonings she will find that a more appetizing table can be set at less expense if her dishes are well flavored than when the more expensive foods are bought and only the customary salt and pepper added.

Restaurants and hotels are well aware of this important fact, and the reason that they "get away" with many of the items on their bills of fare lies in the fact that the flavor is appetizing, and, although the basis may be of average materials, their patrons relish them owing to the fact that they do not get such seasoned food at home.

In this week's menus suggestions are given for a number of delicious and economical dishes that owe their excellence largely to the seasoning with which they are combined, and, although the condiments mentioned may seem expensive when first purchased, it should be remembered that they will last for some time, as but a very small quantity is used.

Curried Potatoes, Aspic Cock-tails et al

In preparing the curried potatoes cook as for creamed potatoes, add-

The Passing of the Old-Fashioned Herb Garden

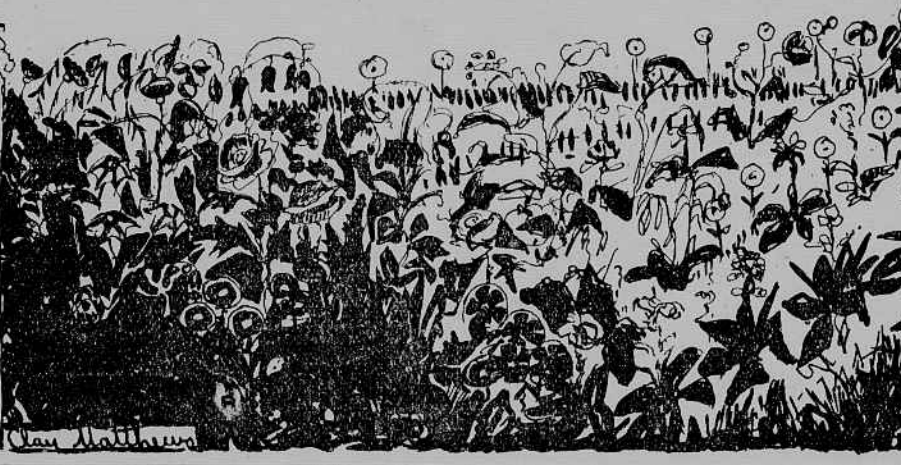
THE old herb garden at the kitchen door has shrunk to an occasional pot of parsley on the window sill or a lonely bunch of chives or mint in the flower border. The faithful pepper and salt shakers on the shelf can hardly carry the entire burden of making food savory, especially if the cook forgets to shake them, or, worse still, if she has "a heavy hand with the salt," as the saying goes.

Beside these standbys, how many housekeepers keep a full supply of spicy materials on the pantry shelf?—conjuring powders they are to turn plain foods into "viands." Among such are chervil, chives, tarragon, bay leaves, capers, paprika, the chutneys and catsup and Worcestershire sauces, the convenient onion salt and peppercorns to grind freshly for their delightful flavor that is so much more than the mere "hotness" of ground peppers and horseradish, the basis of many sauces and the redeemer of many a "flat" and uninteresting dish.

The use of excessive amounts of spices and peppers is neither healthful nor appetizing. But the skillful use of seasonings and flavorings is both an aid to appetite and digestion and an economy, as a bit of them turns a cheap, bland food into a delicacy. Witness cinnamon on toast or rice, chervil or chives on plain lettuce, and horseradish sauce with boiled beef.

The home table could compete with the awe inspiring and strange dishes of the hotel quite easily if only the housekeeper would bring the old herb garden to her pantry shelf in bottles and cans, as she easily may, and make frequent but restrained use of their savory contents.

A. L. P.



a pound, a quarter of a pound of salt pork for 10 cents, one pound of beef liver for 40 cents and a quarter of a pound of cooked sausage for 20 cents.

At the fish market one can get salmon for 30 cents, half a pound of flaked crabmeat for 50 cents, one-third of a pound of salt cod for 12 cents, one and a half pounds of haddock (for hash) at 25 cents a pound and one and a half pounds of salt mackerel at 18 cents a pound.

For the dairy supplies purchase one pound of table butter for 73 cents, half a pound of oleo for 20 cents, five quarts of Grade B bulk milk at 10 cents a quart, two quarter pints of cream at 15 cents a bottle and one dozen and four eggs at 64 cents a dozen.

Marketing prices for four persons should run at the following approximate prices:

| | |
|----------------|---------|
| Butcher bill | \$2.31 |
| Fish bill | 1.57 |
| Dairy supplies | 2.59 |
| Fruits | 2.90 |
| Vegetables | 3.40 |
| Groceries | 4.53 |
| Total | \$17.00 |



THE following recipes are inexpensive, depending for their special appeal on the skillful use of flavorings:

Savory Rice

Melt one generous tablespoonful of bacon dripping in a saucepan and add half a cupful of brown or uncoated rice and a quarter of an onion, stuck with two cloves. Stir over a moderate heat until the dripping has been absorbed. Then add one and a half cupful of stewed tomato, three-quarters of a teaspoonful of salt, a

From Soup to Nuts, Be It Fish or Fowl, the Use of Salt and of Spices Spells Success

of raw ground veal, one tablespoonful of ground cooked ham, half a tablespoonful of minced green pepper, one tablespoonful of tarragon vinegar, half a teaspoonful of salt, one tablespoonful of Worcestershire sauce, one teaspoonful of chopped parsley and sufficient seasoned stock to moisten. Make into egg-shaped rolls, roll in flour and sauté in bacon fat to a rich brown. Cook slowly, so that the meat will be done through, and serve with a brown sauce made from the dripping in the pan, browned flour, a few drops of kitchen bouquet, hot water, salt and paprika to taste and a tablespoonful of chutney.

Chives and Cheese Canapes

Blend a small cupful of cottage cheese with one tablespoonful of minced chives, one teaspoonful of chili sauce, the same of chopped stuffed olives, one minced sprig of parsley, salt and paprika to taste, and enough thick cream to moisten. Spread thickly on rounds of fried bread and garnish with strips of green pepper.

Venetian Spaghetti

Fry one small sliced onion in three tablespoonsful of vegetable oil until yellow and add one diced young carrot, one chopped stalk of celery, one tablespoonful of chopped parsley, one large cupful of strained stock, one cupful of sliced fresh tomatoes, one teaspoonful of sugar, salt and paprika to taste, a quarter of a teaspoonful of celery salt and a blade of mace. Cook down until the vegetables are tender and the whole is rich thick purée. Pour over half a pound of cooked spaghetti that has been dusted with salt and pepper and dust with grated Parmesan or Swiss cheese.

Mackerel in Milk and Spices

Soak a pound and a half of mackerel in cold water over night and in the morning drain and dry thoroughly with a paper towel. Place in a baking pan, add a bay leaf, an inch piece of stick cinnamon, four whole cloves, four allspice, a quarter of a teaspoonful of celery seed and a slice of minced green pepper, dredge thickly with flour, dot with bits of oleo and almost cover with milk. Bake until the mackerel is tender (about thirty minutes), lift carefully to a platter, strain out the spices and make a gravy from the liquid in the pan. Add a little chopped parsley. This fish is delicious served cold for a salad, as it has a very appetizing flavor.

Corn Omelet

Heat one cup of corn with half a teaspoonful of sugar, a quarter of a cupful of milk, and thicken with half a tablespoonful of flour blended with a tablespoonful of melted butter. Cool slightly, season with half a teaspoonful of salt and add the well beaten yolks of four eggs, a tablespoonful of minced canned pimientos and a teaspoonful of minced chives. Mix thoroughly, fold in the stiffly whipped egg whites and cook as for ordinary omelet in a well oiled frying pan, or, if preferred, it may be baked like a soufflé.

Veal Fricandelles

Cook a quarter of a cupful each of bread crumbs and hot milk to a paste and add one and a quarter cupful

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|---|---|---|--|
| BREAKFAST Barley Mush with Strawberries Grilled Tomatoes and Bloaters Pasta Toast Coffee | BREAKFAST Sliced Pineapple Fried Nut Scramble Watercress Buttered Toast Coffee | BREAKFAST Cherries Creamed Eggs and Smoked Beef Cereal Gems Radishes | BREAKFAST Baked Rhubarb with Raisins Fish Cakes Sliced Cucumber Toast Coffee | BREAKFAST Molded Cereal With Stewed Figs Waffles Cinnamon and Sugar Coffee | BREAKFAST Strawberries Salt Mackerel Baked in Milk with Spices Sliced Tomatoes Toast Coffee | BREAKFAST Fruit Purée Broiled Pickled Tripe Raised Potato Rolls Coffee |
| LUNCHEON Savory Rice with Bacon Rye Bread Fruit Salad | LUNCHEON Creamed Salmon Loaf in Green Peppers Rolls Stewed Rhubarb | LUNCHEON Venetian Spaghetti Sausage Sandwiches Strawberries | LUNCHEON Cream of Mushroom Soup Croissants Cherry and Pineapple Salad Honey Sandwiches | LUNCHEON Lettuce and Bacon Salad with Cheese Dressing Hot Biscuits Rhubarb Marmalade | LUNCHEON Hominy and Cheese Timbales Lettuce Salad Stewed Cherries | LUNCHEON OR SUPPER Vegetable Club Sandwiches Iced Fruit Tea Raised Leaf Cake |
| DINNER Jellied Bouillon Salmon Loaf Green Peas Potato Balls Pineapple Sherbet | DINNER Chives and Cottage Cheese Canapes Veal Fricandelles Asparagus Curried Potatoes Romaine Salad Peach Dumplings | DINNER Baked Tomatoes Stuffed with Crab Meat Potato Chips Rolls Vegetable Salad Macaroons | DINNER Aspic Cocktails Beef Liver and Macaroni in Casserole Spinach Strawberry Tarts | DINNER Tomato Bouillon Browned Fish Hash String Beans Cucumber, Onion and Green Pepper Salad Cherry Pudding | DINNER Vegetable Soup Corn Omelet Creamed Potatoes Carrots and Peas Strawberry Shortcake | DINNER Peanut Canapes Baked Breast of Mutton Riced Potatoes Mint Jelly Asparagus Frozen Fruit Salad Sponge Fingers |

A New Angle on the Housing Problem as Seen by a Real Suburbanite

THERE is a scarcity of housing facilities in the land to-day. No doubt about it! But is it as bad as it is painted? And how much of the situation might be improved if we stopped saying there were no houses to be had?

The panic of fire is not much worse than the present mental and moral panic among people who do not own their homes or who have not got long leases. It is they who put up rents in many well advertised and well populated places—while houses really go empty summer and winter just outside the boosted zones.

I live in a certain suburb of a well known (and well advertised) county. Ten years ago only villagers lived here; three years ago houses and apartments went begging and rents were decently low. New Yorkers had not yet been told often enough and loudly enough of the advantages of life in it.

But while houses went begging the brand new place, where the painting and the papering and some of the planning can be controlled by her taste. They did rent from the plans—some of the apartments or houses, at least.

But on the day following each announcement that plans were ready a second notice would always come out. Every apartment had been signed up on a long lease within half an hour after the doors of the office opened! In the village we got to saying: "Oh, you can never rent anything here unless you do it from the plans before the first spadeful of dirt is turned up for the foundations. Isn't it wonderful? Every house and every flat built is rented from the blue prints and a lease signed, and from one to six months' rent paid in advance a year or more, sometimes, before you can move."

The joke on us is that it never was the truth. In our vanity we spread the fib until we had boomed ourselves out of our own leases. It served us jolly well right for not taking any steps to check up the agents. Whenever we found we had been spreading "propaganda" we found it out by chance—and were not really grateful enough.

The War Between Tenants

Now, New Yorkers have rushed out to us and have offered Park Avenue rentals for suburban neighborhoods. If you remonstrate with them they cry: "But where will I live? There is absolutely nothing in New York!" The selfish, thoughtless searching after homes occupied by others "gets our goat." Some of them offer the agent more rent than he is getting and a cash bonus into the bargain if he "will get the other tenant out."

"You'll have to take me! I want to live here! The train service is so good! I don't care what you charge me!" Those are not fiction words. Many people in our suburb have heard them. Of the landlords one might say what Clive said of himself in his Indian trial, he "marveled at his own moderation, considering the opportunities" of graft and robbery.

Into the office of a well known real estate broker in this suburb came last week a flurried woman. "You know that little Dutch Colonial in Blank Park, the one near the circle? Well, I want to rent it!"

"I'm sorry, madam, but its lease has until next October to run."

"I don't care! I'll give you a hundred dollars a month more than you are getting now, and five hundred dollars for the bonus!"

"Of course, we can't take it. But why not offer the same terms to the present tenant?"

"Oh, I have, and she has refused."

So I came straight to you. I know you can make it so unpleasant for her that she will move!"

The dickens of it is that some of the agents do.

Concessions and Silence Help

"If people would keep their heads and not talk so much the situation would improve," said this particular broker. "I offered that same woman a good house at a reasonable figure outside the village. She scorned it. 'No one would call on me there,' she said. She had been thrown out of one house by its sale, and she goes around declaring that she can't find another—and spreading the panic. It is all too bad."

"Of course, the house outside," I ventured. "The coal situation, you know?"

He sighed. "Her grandmother used wood and slept in cold rooms and lived to be ninety. If the shortage of houses is as bad as we say it is, then everybody can't have steam heat and parquet floors and live in a 'fashionable' neighborhood! Concessions must be made to ill fortune."

Margo Harlo.

Button, Button, Who's Got the Button?

THERE is much discussion nowadays as to who is making money out of the present high prices. Some say the manufacturer, some the wholesaler, some the retailer and some labor. It is a hard point to decide, for they are all right and they are all wrong, and every "wise guy's" opinion is worth only so much as his own circumscribed view and his own self-interest permit.

The man in the street and the woman in the home only weigh each story as he or she hears it and try to draw intelligent conclusions (not as to all business in general, that is the impossible) on certain aspects of certain lines.

A very rich man who is in the wholesale leather business went not many days ago into a well known shoe store in New York. He wanted a pair of shoes and he has to have them made to order because he has a slight deformity in one foot. The last pair of these shoes he bought early in 1919, and the price then was \$16.

He gave his order. "How much will they be?"

The clerk consulted one "higher

Labels That Tell Only Half the Truth

TWO interesting decisions on what must be told on the label have come up recently, both illustrating the same principle. Neither one considers false statements on the label—they require that the whole truth about the food and its origin be told.

Vinegar From Dried and Fresh Apples

The first one concerns cider vinegar made from dried or evaporated apple products, said to be equal or superior to that made from fresh apples. No one denies that the dried fruit product is wholesome and good if made from sound materials, but, asks Uncle Sam, through his Bureau of Chemistry, what is the objection to telling the source of this superior product? Plainly, the one is much cheaper to produce than the other, and it is only fair to the manufacturers of the fresh apple products and the consumer to have the two compete for favor in an open field and at a fair price.

If the dried apple product is superior at a lower price it will have no difficulty in making its way, though some prejudice may exist at first. The suppression of facts on the label puts the more expensive products at a disadvantage and tends to debase the character of the food supply under unfair competition. A cheaper food is to be encouraged, but not by a subsidy of false publicity.

Bread Is Wheaten Bread

The same principle exactly is at stake in the case of the bread de-

Every Tub on Its Own Bottom

It seems a bit queer that one should have to argue for so simple a principle. Corn in wheat bread and apple vinegar from dried apples should be willing to sail under their own flag and make their way on their own merits.

Recently a firm was fined \$400 for selling an artificial vinegar as a cider vinegar. Just acetic acid and water isn't an aromatic, well flavored, wholesome vinegar. The "just as good as something else" product that wants to use the name of the "something else" and bring the same price is usually a menace to the quality and economy of the food supply, even when it is perfectly wholesome.

A. L. P.

Buttermilk as a Summer Beverage

BUTTERMILK with its fat taken out and its milk, sugar, minerals and protein left in, plus its wholesome acidity, is an ideal drink for springtime for bilious folks and all with intestinal and gastric troubles.

If the fresh milk is not available, make it from dried skim milk with the lactic acid tablets from the drug store. It may be drunk freely either at meal time or between times, but since it is very nutritious it should be considered a part of one's meals and not a mere adjunct like water.

Buttermilk must on no account be kept in tin vessels or left uncovered in hot, close places, for under these conditions it absorbs odors and ferments, producing unwholesome, if not actively poisonous gases. In the South they treat buttermilk almost as carefully as the epicures did their wine. They keep it in glass jars in a spring house or on ice, and immediately after emptying the jars they are submerged in clean, cold water to prevent caking and souring, then washed and sunned.

For very aggravated cases of biliousness let the patient put himself on a steady diet of buttermilk and bread and cereals for one week, and he will be surprised at the result.

Julia W. Wolfe.